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Free Throws With Sole

Fax

To:	Mitra Aryanpour	From:	Dan Karavas
Fax:	571 273-8300	**Date:**	August 19, 2007
Phone:	571 272-1105	**Pages:**	5
Re:	Patent Application # 10711158	**CC:**	Gene Kim

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•Comments:

Dear Mitra,

Here's my reply to the office action summary dated 18 July 2007.

Regards,

Dan

J. Claims

2. **Free Throws With Sole is a method that teaches basketball players to maintain their center of gravity which stabilizes their lower and upper bodies shooting free throws hence improving their shooting**

   Free Throws With Sole brings together a concept and fundamental new to free throw shooting where the body maintains a linear path and the feet from heel to toe remain in contact with the floor <u>-past years and present day free throw shooters all had and have upper body lean both forward and backward with the heels of the feet lifting off the floor and bending at the waist producing instability</u>

   The method is taught with the <u>hips dropping downward in a straight line bending only at the knees</u> and <u>not at the waist</u> thereby maintaining stability – when the knees extend the body will stay in a linear path upward before the release of the shot

   The method also requires a <u>slower pace downward</u> when bending at the knees which enables more muscles to become active thereby creating additional linear strength upward with the extension of the knees – this upward linear path provides the elbow with increased mobility and less effort in shooting

   The method provides for greater friction between the supporting surface and the parts of the body in contact with it for a more stable body

3. **Free Throws With Sole can be taught using 1/8" hard plastic inserts but the method is not dependent on the inserts whereas the inserts are dependent of the method**

K. "Not Applicable"

L. "Not Applicable"